



#ROADTOSHERUCLASSIC

KSM-66
Ashwagandha®
WORLD'S BEST ASHWAGANDHA
Presents

IHFF
INTERNATIONAL HEALTH, SPORTS & FITNESS FESTIVAL



DAY 1 » 21st NOV, 2025

BOMBAY EXHIBITION CENTER - MUMBAI

10:30 AM Registrations & Check Ins for the Regional Show

04:00 PM Regional Show Begins

Athletes competing in the Amateur Olympia India have to proceed to the Amateur Olympia Weigh-In Counter (Green Room) after the NPC Regional Show to collect their Trunk Number

21st NOV, FRIDAY (DAY 1)

- 10:30 AM **Registrations, Weigh-Ins & Trunk Number Allocation Opens for All Athletes**
(Athletes competing in the NPC Regional Show can complete the Olympia Check In process and then proceed for the Regional Show)
- 03:00 PM **Athlete Registration Closes**

22nd NOV, SATURDAY (DAY 2)

- 07:30 AM **Green Room Opens for Tanning & Warm Up** (athletes only)
- 09:00 AM **Inauguration**
- 09:30 AM **Pre-Judging for Below Categories**
- ONWARDS **Men's Bodybuilding**
Women's Physique
Women's Fitness
Women's Figure
Wheelchair Category + STAR Category
Men's Classic Physique
Female Fit Model
Women's Wellness
- 03:00 PM **FINALS for the following categories**
- ONWARDS **Men's Bodybuilding**
Women's Physique
Women's Fitness
Women's Figure
Wheelchair Category
Men's Classic Physique
Female Fit Model
Women's Wellness
Pro Card Round for All Gold Medal Winners

23rd NOV, SUNDAY (DAY 3)

- 07:30 AM **Green Room Opens for Tanning & Warm Up** (athletes only)
- 09:30 AM **Pre-Judging for Below Categories**
- ONWARDS **Women's Bikini**
Men's Physique
FINALS for Women's Bikini & Men's Physique
- 02:15 PM **Pro Card Round for Gold Medal Winners (CP & MP)**
- 04:00 PM **BHARAT PRO SHOW BEGINS**

ATHLETE
SCHEDULE 2025



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NOVEMBER 2025
BOMBAY EXHIBITION CENTER



NO SUPPORTERS WILL BE ALLOWED BACKSTAGE*

BHARAT PRO SHOW ATHLETE SCHEDULE 2025

 **PRO ULTIMATE**
Presents



Day 1 » 21st NOV, 2025

03:30 PM **IFBB Pro Athletes Meeting, Registrations, Weigh-Ins & Trunk Number Allocation**

Day 3 » 23rd NOV, 2025

07:00 AM **Green Room Opens for Tanning & Warm Up** (Athletes Only)

03:00 PM **PRE-JUDGING for PRO SHOW**
Men's Classic Physique
Wheelchair Category
Men's Physique

05:00 PM **FINALS for PRO SHOW**
Men's Classic Physique
Wheelchair Category
Men's Physique



21»22»23 | **NOVEMBER - MUMBAI**
BOMBAY EXHIBITION CENTER

SCHEDULE SUBJECT TO CHANGE*

For Queries  +91 99309 99085